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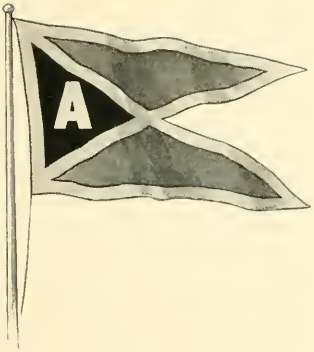
How to eat Canned Salmon

THIS SEAL ON EVERY CAN.

Choicest Recipes



Argo Red Salmon

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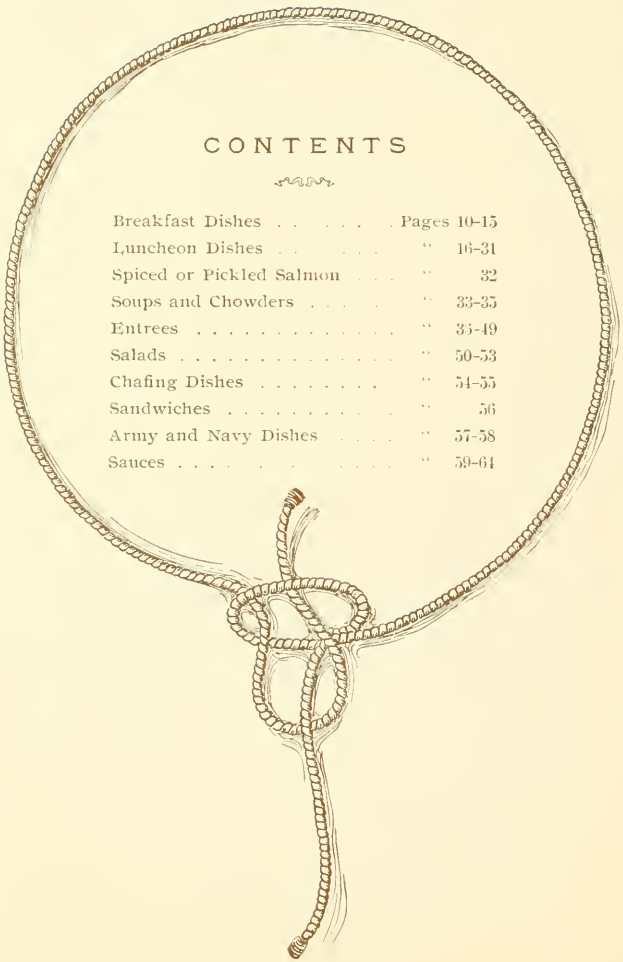


ST. LOUIS WORLD'S FAIR EDITION

Canned Salmon Recipes

by

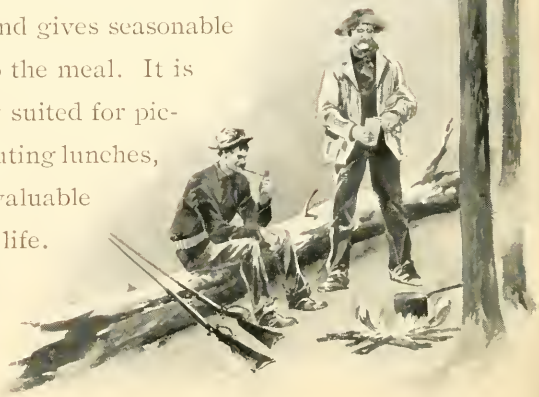
ALASKA PACKERS ASSOCIATION

The Largest Salmon Canning Company in the World

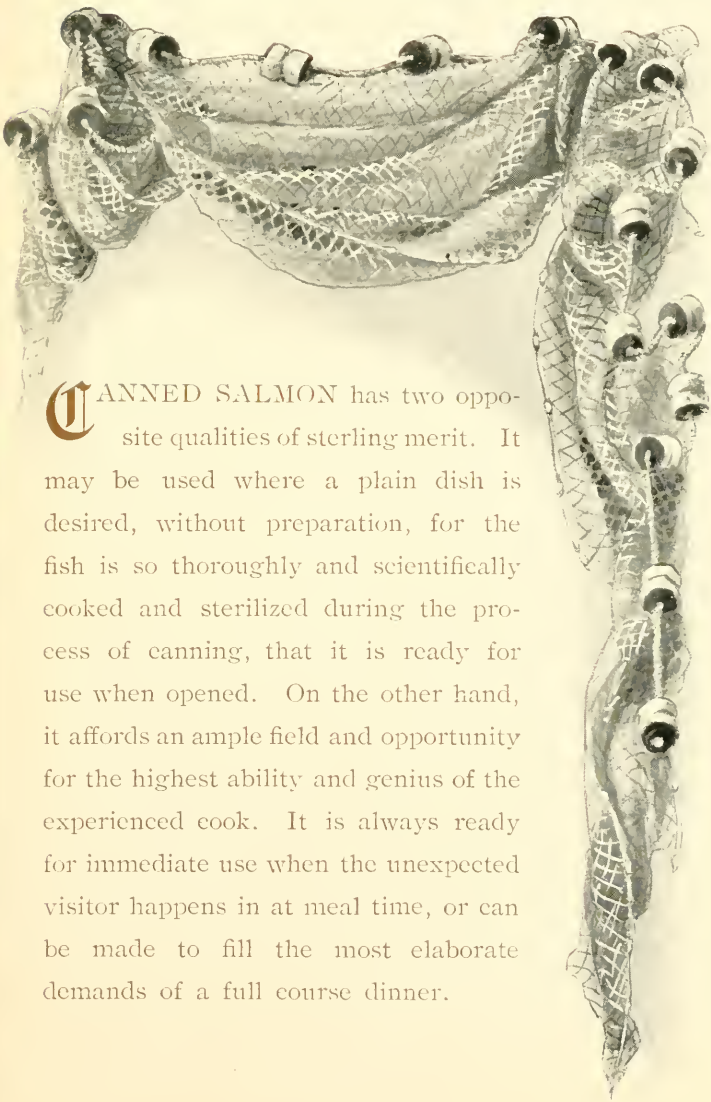
ALASKA PACKERS ASSOCIATION

CANNED SALMON is one of the most important, nutritious and appetizing of fish foods. Its culinary advantages are numerous and exceedingly valuable. The **Alaska Packers Association** has compiled this book, abounding in suggestions for the serving of this popular and excellent fish, and presents it to the public with the assurance that no other single article of food affords such a wide range of uses.

Canned Salmon may be eaten in so many different ways that it readily adapts itself to the requirements of the breakfast, luncheon, dinner or supper, and gives seasonable variety to the meal. It is especially suited for picnic and outing lunches, and is invaluable for camp life.



SALMON RECIPES



CANNED SALMON has two opposite qualities of sterling merit. It may be used where a plain dish is desired, without preparation, for the fish is so thoroughly and scientifically cooked and sterilized during the process of canning, that it is ready for use when opened. On the other hand, it affords an ample field and opportunity for the highest ability and genius of the experienced cook. It is always ready for immediate use when the unexpected visitor happens in at meal time, or can be made to fill the most elaborate demands of a full course dinner.

Its Food Value

An eminent scientific authority on food values has commented on Canned Salmon in the following terms: "Within the entire range of preserved food it would be difficult to name an article of greater dietary value and cheaper than Salmon, with the exception of milk. It is one of the wonderful facts of our time that through modern invention and appliances one pound of the richest fish that swims may be had at a cost to the consumer from one-half to one-third the cost of the same quantity of fresh Salmon. Canned Salmon contains as much protein as lamb chops or beefsteak; 60 per cent more than eggs; more fat than chicken, eggs or beef. It is incomparably of greater food value than fruits or vegetables."

SALMON RECIPES

The **Alaska Packers Association** is the largest Salmon canning company in the world. Its canneries are located on the Pacific Coast from Puget Sound to Bering Sea.

More than one and a quarter million cases of Salmon are packed annually by the **Association** and sold everywhere by reliable grocers.

Each label bears the Company's name and seal, which is a guarantee of highest quality.

Notes

ILLUSTRATION No. 1

How to Open the Can

To open a Can of Salmon, first lay the can on its side and insert the can opener close to the seam, as shown in illustration No. 1, then standing the can on end press the top firmly down and work the can opener around to the seam as shown in illustration No. 2. This permits the Salmon to come out in one whole piece.

Always remove the Salmon from the can immediately after opening. This is very important.

Unless otherwise specified, when a spoonful is given as a standard of measurement, a level spoonful is intended.

ILLUSTRATION No. 2

In all of the recipes where a "Can of Salmon" is referred to, the contents of a One Pound Can is understood.

Any good sauce for fish or meat is equally good for Salmon.

Recipes

Breakfast Dishes

Salmon a la Creme

Two level tablespoonfuls of butter, two level tablespoonfuls of flour, one-fourth teaspoonful of salt, pinch of pepper, one cup of hot milk, one Can of Salmon. Mix butter in saucepan; when bubbling but not burning, add the flour, salt and pepper and mix until perfectly smooth; add very slowly the hot milk, beating each time. Cook until it thickens, adding more salt if necessary. Remove all bones and skin from Salmon, and break into inch pieces, stir lightly into the sauce and when thoroughly heated, serve.

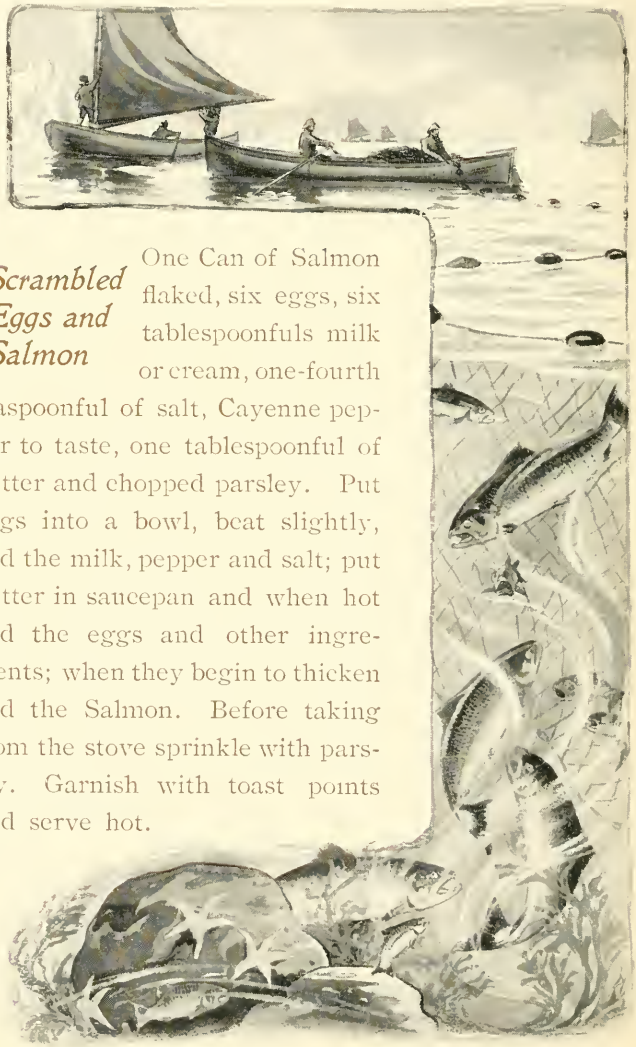
SALMON RECIPES

Salmon Toast

To a cup of White Sauce (see Sauces), stir in a cupful of Salmon which has been picked up fine, and pour over rounds of crisp toast. This makes a delicious breakfast dish.

Broiled Salmon

From one Can of Salmon, remove skin, bones and oil. Pour lemon juice over the fish and let it stand ten minutes. Sprinkle with pieces of butter, pepper and salt. Turn out on broiler and broil over a clear fire. Care should be taken in removing fish from broiler. Serve with a brown butter sauce, flavoring with lemon juice if desired. Garnish and serve hot.



Scrambled Eggs and Salmon

One Can of Salmon flaked, six eggs, six tablespoonfuls milk or cream, one-fourth teaspoonful of salt, Cayenne pepper to taste, one tablespoonful of butter and chopped parsley. Put eggs into a bowl, beat slightly, add the milk, pepper and salt; put butter in saucepan and when hot add the eggs and other ingredients; when they begin to thicken add the Salmon. Before taking from the stove sprinkle with parsley. Garnish with toast points and serve hot.

Salmon Fish Balls

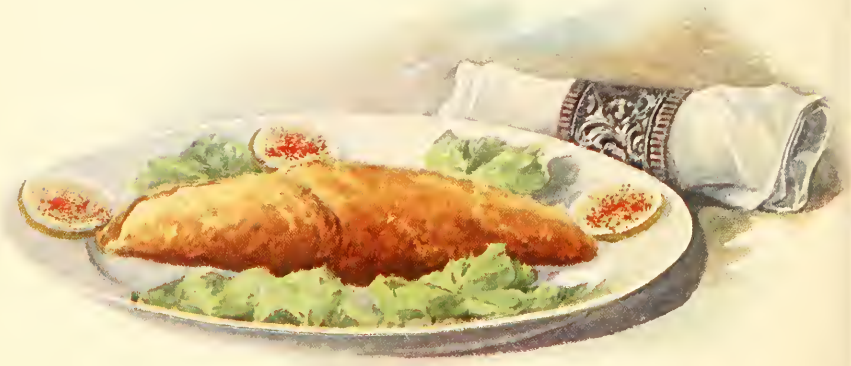
Two cupfuls of minced Canned Salmon, one cupful mashed potatoes, one-half cupful drawn butter, pinch of pepper and one-fourth teaspoonful of salt.

Work in the potatoes with the Salmon, and moisten with the drawn butter until it is soft enough to mould and will keep it's shape. Roll the balls in flour and fry quickly to a golden brown in lard or cooking oil. Take from fat as soon as they are done and lay in a sieve to drain. Serve in a hot platter. Use more seasoning if desired.

Salmon Omelet

Three eggs, three level tablespoonfuls cream or milk, three pinches of paprika, one-fourth scant teaspoonful of salt, three-fourths cup minced Canned Salmon. Separate yolks from whites of eggs.

Mix in ordinary sized bowl yolks of eggs, cream, salt, pepper and a half-cup of Canned Salmon. Fold in the stiffly beaten whites of eggs. Have a hot, clean omelet pan generously buttered, pour in the mixture. Spread it evenly over the top and allow it to cook, shake in the pan gently to prevent burning. When brown on the under side, place it in the oven a moment to dry on top. Remove, sprinkle over the top the remaining cup of Salmon, or more if desired, fold, and turn out on hot platter. Garnish with lettuce. Serve immediately.



SALMON RECIPES

A Simple Breakfast Dish

Put a Can of Salmon into a saucepan and cover with boiling water, cook ten minutes, remove Salmon from can and drain off liquor into a separate dish. After separating the skin and bones from the Salmon, place in a hot dish and pour over and around the fish the following sauce.

One cup of milk, two level tablespoonfuls of cornstarch, the Salmon liquor, one level tablespoonful of butter, one egg, beaten, one-quarter teaspoonful salt, pinch of pepper.

Heat the milk to boiling, thicken with cornstarch, add the butter, salt, pepper, Salmon liquor, and egg. Serve at once.

Luncheon Dishes

Cold Salmon

Canned Salmon is delicious when eaten cold, just as it is taken from the can. It may be served with either cold Bearnaise, Mayonnaise, Tartare Sauce, lemon juice or vinegar. Garnish with sliced hard boiled eggs and sprigs of parsley.

Stewed Salmon

One Can of Salmon, one cup of drawn butter, two eggs well beaten, one teaspoonful of anchovy sauce, pinch of pepper, one-fourth teaspoonful of salt, two hard boiled eggs, some capers or minced green pickles, two tablespoonfuls lemon juice.

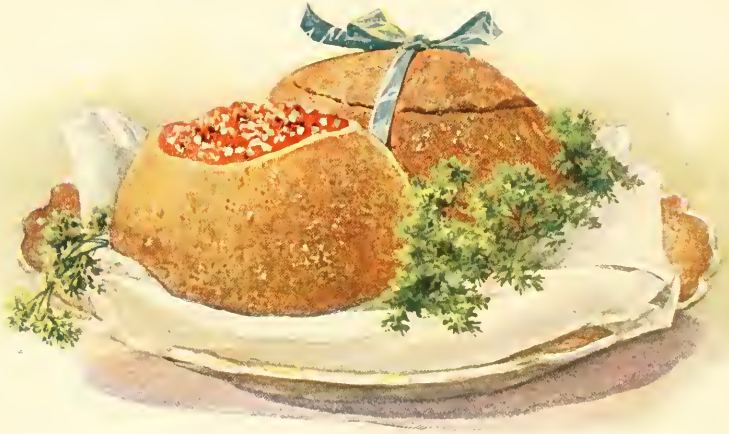
Stew the Salmon in can liquor or a very little water ten minutes, dust with salt, have ready in a large saucepan the drawn butter, thicken with rice flour or corn starch. Season and stir in cautiously the beaten raw eggs, then the Salmon, then let it come to a gentle boil, add the chopped eggs and pickels and turn into a covered dish, or, add the hard boiled eggs and capers to the Salmon, with a tablespoonful of butter, toss up lightly with a fork, sprinkle with pepper and heap in the center of a hot flat dish and pour the boiling sauce over all. It is very appetizing served either way.

Boiled Salmon

Remove label from Can of Salmon; place can in saucepan and cover with boiling water and cook fifteen minutes. Take the fish from can and drain off oil and separate skin and bones. Serve hot with a Hollandaise Sauce.

Baked Salmon Cream

One and three-fourths cupfuls of Canned Salmon flaked, one cup cold milk, one-fourth teaspoonful of salt, pinch of pepper, one-half slice of a small onion, bit of bay leaf, sprig of parsley, two tablespoonfuls of butter, two tablespoonfuls of flour, one-half cupful of buttered cracker crumbs. Cook milk, salt, pepper, bay leaf, onion and parsley together fifteen minutes, strain. Melt the butter in saucepan, add flour, mix well, then add the hot strained milk and cook until it thickens. Cover the bottom of a small covered baking dish with half the fish, pour over this half the sauce, repeat, cover with the crumbs and bake in hot oven until crumbs are brown.



Salmon Loaves

Use one stale roll for each person; cut off the tops of the rolls, scoop out the crumbs, brush inside and outside with melted butter and put in a hot oven until they are a delicate brown.

Make a creamed Salmon with chopped parsley and the whites of hard boiled eggs in it. Heat the cases, fill with the creamed Salmon, cover and serve.

Salmon with Macaroni

Pick one Can Salmon into small pieces, drain off the oil. Make a pint of White Sauce. Put a layer of boiled macaroni broken in inch lengths in the bottom of baking dish, next a layer of sauce, then a layer of Salmon, continuing until dish is filled. Sauce should come last and be sprinkled with buttered crumbs. Bake until brown.

SALMON RECIPES

Salmon Croquettes No. 1

From a Can of Salmon, opened neatly, take the fish and mince it fine; add salt and pepper, and a tablespoonful of chopped parsley or celery tops; moisten it with very little water, add a raw egg and a little Lea & Perrins sauce, mix well, put in a small saucepan and place the saucepan in another containing hot water. When quite hot, turn it out upon a dish to become cold; then roll it into cones, dip these in beaten egg seasoned with salt and pepper, roll them in bread crumbs, drop them into boiling fat and fry a delicate brown, drain them a moment, arrange neatly on a hot dish and serve with or without a sauce.

Salmon Croquettes No. 2

One Can of Salmon, one cup cream, one cup mashed potatoes, two tablespoonfuls butter, one tablespoonful flour, three eggs, one pint crumbs, pepper and salt to taste; chop Salmon fine, mix flour and butter well together. After cream comes to a boil, add butter and flour and boil for a moment; then add Salmon, potato, pepper, and salt; into this mixture stir eggs well beaten. When cold shape into croquettes and fry.

Salmon Croquettes No. 3

One pound Can of Salmon, one tablespoonful of melted butter, yolks of two hard boiled eggs, one tablespoonful of lemon juice, one-half slice of stale bread (crumbed), one-half tablespoonful of anchovy sauce, pinch of pepper, one-quarter teaspoonful of salt, nutmeg to taste.

Mince the Salmon fine, and powder the yolks of eggs, work them in together with lemon juice, bread crumbs, anchovy sauce, salt, pepper, and nutmeg. Make into little rolls, dip in beaten egg, roll in fine bread crumbs or cracker dust, fry in hot drippings. Serve dry and hot and garnish with water cress.

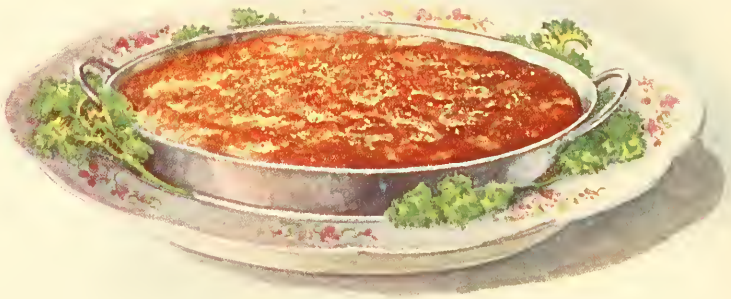
Salmon and Aspic

Cover bottom of mold with Aspic Jelly mixture; place mold in cool place and when firm decorate with spiced Salmon, olives or parsley, or both; add another layer of jelly, cool, decorate, and so continue until all is used. When cold and firm turn out on dish and garnish around bottom with parsley or water cress.

Aspic Jelly

One and one-half cups of cold water, one tablespoonful chopped carrot, one tablespoonful chopped celery, one-half box Cox's Gelatine, sprig of parsley, one slice onion, one bay leaf, three cloves, one teaspoonful beef extract dissolved in one cup of hot water, three tablespoonfuls of lemon juice.

Put above ingredients in a saucepan, cover and let simmer one-half hour. Then add the gelatine dissolved in half cup of cold water. Season with salt and pepper. Strain through double cloth.



Salmon Au Gratin

One cup of Salmon flaked; mix with one-half cup Drawn Butter Sauce, pinch of pepper, one-fourth teaspoonful salt and one-fourth cup of grated cheese. Fill earthen dish with mixture, cover with fine bread crumbs and brown.

Salmon Curry No. 1

One-half onion the size of an egg, two level tablespoonfuls of butter, liquor from one Can of Salmon, three-fourths cup of stock, one level tablespoonful of flour, two level teaspoonfuls of curry powder, one level teaspoonful of lemon juice, one-fourth teaspoonful of salt, pinch of pepper, one-half Can of Salmon.

Fry finely chopped onion and butter until brown, add to it Salmon liquor and stock, simmer five minutes and strain. Mix flour, curry powder, salt, pepper and lemon juice with enough cold water to form a thin paste. Stir into other mixture and when boiling add the Salmon, which has been picked over and broken into inch pieces, and serve when very hot.

Salmon Curry No. 2

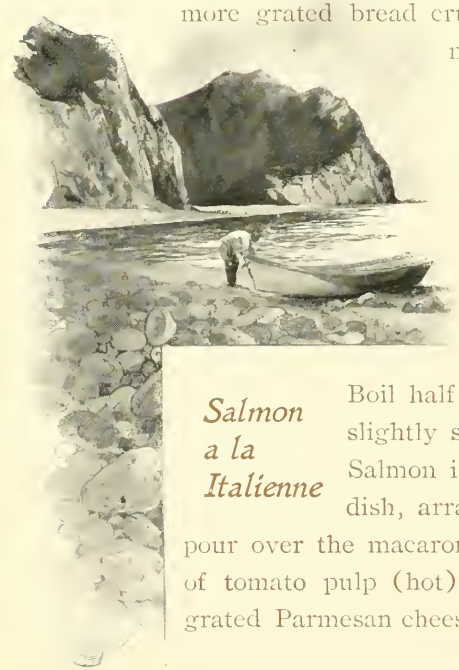
Four level tablespoonfuls of butter, four level tablespoonfuls of flour, one-fourth level teaspoonful of salt, pinch of pepper, three level teaspoonfuls of curry powder, one and one-half cupfuls of hot water or stock, two sprigs of mace, twelve whole cloves, one Can of Salmon.

Melt butter in stew pan; add flour, salt, pepper and curry powder, mix until smooth; add the water, mace and cloves, cook, stirring constantly until it thickens. Then allow it to simmer fifteen minutes, add the Salmon, which has been freed from skin, bones and oil and broken into small pieces. Boil gently from five to ten minutes and serve very hot. This can be served with plain boiled rice. If found objectionable remove cloves and mace by straining the sauce before Salmon is added.

Baked Salmon

For one Can of Salmon stir one tablespoonful of flour, after moistening and working smooth, into a quart of boiling milk, add half a teacupful of butter, one teaspoonful minced onion, a pinch of Cayenne, and salt and pepper to taste.

Drain all the oil from the Salmon, pick out the skin and bones and flake fine. Then, in a pudding dish place a layer of the fish, cover with as much or more grated bread crumbs and the dressing, then more fish, crumbs, etc., finishing with crumbs. Put dots of butter over the top, and bake to a delicate brown. To be eaten hot. Serve with bread and butter or lemon and crackers.



Salmon a la Italienne

Boil half a pound of macaroni in water slightly salted, drain. Heat a Can of Salmon in hot water, turn it out on a dish, arrange the macaroni around it, pour over the macaroni the contents of a pound can of tomato pulp (hot). Sprinkle over this a little grated Parmesan cheese and serve.

SALMON RECIPES

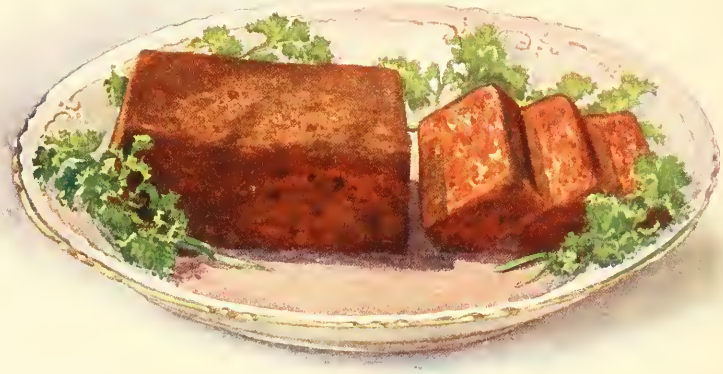
Salmon Boullets

Prepare boullets the same as croquettes, adding chopped parsley and shaping into balls about an inch in diameter. Cook the same as croquettes and serve hot.

Salmon Loaf No. 1

One Can of Salmon; remove the oil and pick up fine, one-half cup of fine bread crumbs, yolks of four eggs well beaten, four tablespoonfuls of melted butter, one-fourth level teaspoonful of salt, one level teaspoonful poultry dressing, one level teaspoonful finely chopped parsley, whites of four eggs well whipped.

Mix in the order given, and steam in a mold one hour. Serve hot or cold. If eaten hot, serve with Fish Sauce No. 2 (see Sauces).



Salmon Loaf No. 2

To one Can of Salmon add one large cup of bread crumbs, one egg, salt and pepper to taste; make into a loaf and place in a dish set in a steamer over kettle of boiling water and steam one hour. This makes a nice dish served cold for luncheon.

Salmon Loaf No. 3

Drain and chop the contents of one Can of Salmon. Add the beaten yolks of three eggs, half a cup of bread crumbs, one-quarter cup melted butter, salt, pepper, and a little minced parsley. Lastly, beat in the stiff whites of the eggs. Bake in a well-buttered tin half an hour, in a rather moderate oven. Serve cold, sliced, on lettuce leaves and Mayonnaise Dressing, or very warm with lemon.

Salmon Mousalines

One Can Salmon, one cup soft bread crumbs, one-half cup cream or White Sauce, one-fourth teaspoonful salt, one teaspoonful lemon juice, one teaspoonful Worcestershire sauce, pinch of mace and pepper, beaten whites of four eggs. Remove the skin, bones and oil from the Salmon and press through a colander, then add the other ingredients in the order given; lastly fold in the beaten whites of the eggs. Turn into buttered molds and steam twenty minutes. Serve hot with any fish sauce, or put in ring mold and fill center with green peas.

Pressed Salmon

Two eggs, two level tablespoonfuls of melted butter, two cupfuls of fine bread crumbs, one Can of Salmon (put through a sieve), one-fourth level teaspoonful of salt, pinch of Cayenne pepper or two pinches of paprika.

Mix all together, turn into a mold, cover and steam one hour. When cold, cut in thin slices. Serve with or without Sauce Tartare. This is found excellent for sandwiches.

Salmon Paner

One Can Salmon, four level tablespoonfuls of flour, four level tablespoonfuls of butter, one pint of milk, pinch of pepper, one-fourth teaspoonful of salt, two teaspoonfuls finely chopped parsley, one teaspoonful lemon juice, two eggs (beaten).

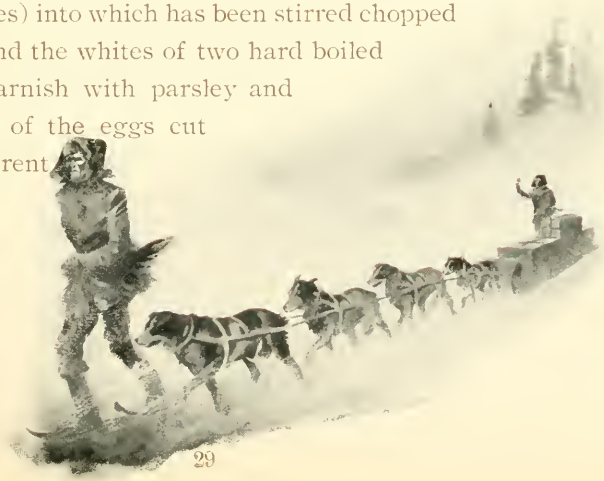
Remove skin, bones and oil from Salmon and flake the Salmon with a fork. Melt the butter in a saucepan and when bubbling add the flour, salt and pepper and stir until smooth; then add gradually the hot milk beating each time. When cool add the parsley, lemon juice and egg. Put alternate layers of fish and sauce in a baking dish, cover with buttered cracker crumbs and brown in oven.

Salmon Pie

Line a pudding dish with hot mashed potatoes about an inch to inch and a half thick, then fill in the center with a creamed Salmon (seasoned with onion if desired), cover with the mashed potatoes and brush the top of the potatoes over with melted butter or milk, and bake in oven until a delicate brown, or beat the potatoes smooth and arrange in a circle on a hot dish and pour the fish in the center and serve at once.

Salmon on Rizzota

Form freshly boiled rice into flat cakes, brown slightly in butter on both sides. Place a Can of Salmon in boiling water for ten minutes, take Salmon from can and remove skin, bones and oil; then flake the Salmon and cover cakes of rice. Over this pour a White Sauce (see Sauces) into which has been stirred chopped parsley and the whites of two hard boiled eggs. Garnish with parsley and the yolks of the eggs cut into different shapes.



Casserole of Rice and Salmon

Line the bottom and sides of a mold with cold boiled rice one-half inch thick, fill the cavity with creamed Salmon and cover with the rice. Steam forty-five minutes, turn out on hot platter, pour either a White Sauce or a Tartare Sauce over and around it. Serve hot. If a proper mold is not used, it can be put into a bowl and brown paper tied over the top.

Canned Salmon Russian Style

Take a pound of Canned Salmon, remove the bones and skin and flake it; put a layer of the fish at the bottom of a pie dish about an inch thick, then add a layer of cold boiled rice (half a teacupful is sufficient for the quantity of fish); salt and pepper each layer; then thicken some milk with a little flour; season with salt, pepper and a desertspoonful of Anchovy Sauce; pour over the rice; add a layer of cold boiled eggs cut in thin slices (two are enough), then another layer each of fish, rice, sauce, eggs, and when dish is full, having eggs at the top, scatter over all a few finely chopped capers and a few small pieces of butter. Place in hot oven and heat thoroughly and serve at once.

SALMON RECIPES

Salmon Rolls

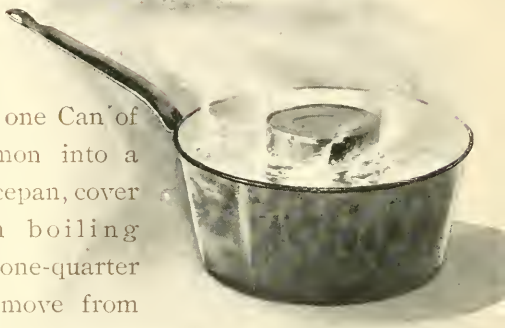
One-half Can of Salmon, one pound of flour, two level teaspoonfuls of baking powder, one-half pound of clarified drippings, one-half medium onion, two sprays of parsley, pinch of pepper and salt, one egg.

Mince the Salmon fine, chop the onion and sprays of parsley, mix all together with the Salmon. Put one pound of flour into a bowl, add to it the baking powder, salt and drippings, rub the drippings well into the flour with the hand and mix thoroughly with a knife, being careful not to leave any lumps.

Add enough water to make a stiff paste, turn out paste on a board and roll into a thin sheet about one-eighth of an inch in thickness. Cut into pieces about six inches square, put about a tablespoonful of Salmon mixture into the center of each square, roll the paste around Salmon and press the ends together with your thumb and finger.

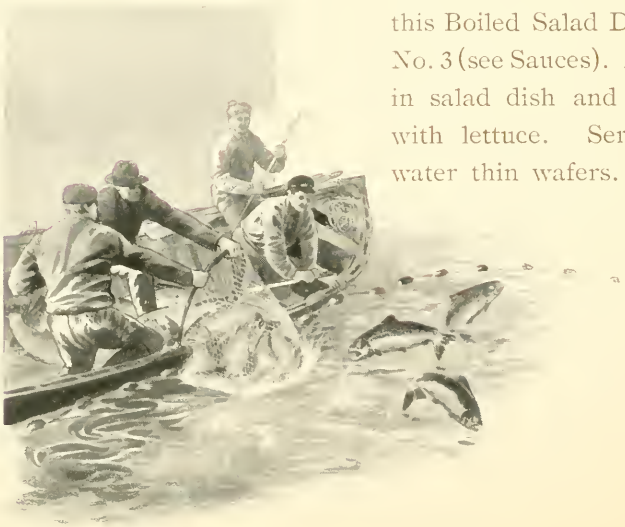
A well-greased baking-pan, place the rolls on it, break one egg into a plate and beat it slightly, take a paste brush, dip it in the egg, and paint over the tops of the rolls. Bake in a hot oven fifteen minutes. Serve on a hot dish.

Pickled Salmon



Spiced or Pickled Salmon

Put one Can of Salmon into a saucepan, cover with boiling water and cook one-quarter of an hour. Remove from can, drain off oil, sprinkle with pepper and salt, add to it one teaspoonful each of whole cloves and mixed spices, cover with vinegar and let it stand twenty-four hours. Take Salmon from vinegar and remove skin and bones. Add to the fish one head of lettuce picked fine and pour over this Boiled Salad Dressing, No. 3 (see Sauces). Arrange in salad dish and garnish with lettuce. Serve with water thin wafers.



SALMON RECIPES

Soups and Chowders

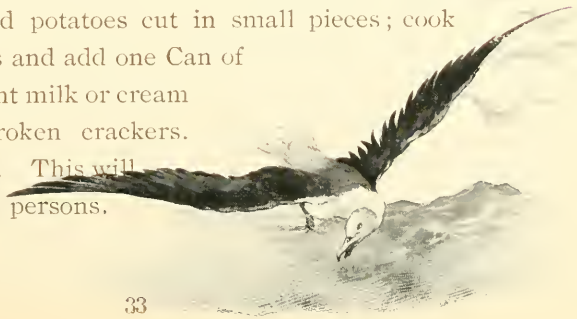
Salmon Soup

One pound Can Salmon, one small slice of onion, two level tablespoonfuls of butter, four level tablespoonfuls of flour, one-fourth teaspoonful of salt, one-fourth teaspoonful of Cayenne pepper or tabasco powder, one quart of milk.

Remove skin, bones and oil from the Salmon and rub through a coarse strainer. Cook the onion in the milk ten minutes, then remove it. Put the butter into a saucepan over the fire, add the flour, salt and pepper, stir until smooth; add gradually the hot milk, beating each time. Cook until it thickens, then add the Salmon. Let it come to a boil and serve.

Salmon Chowder No. 1

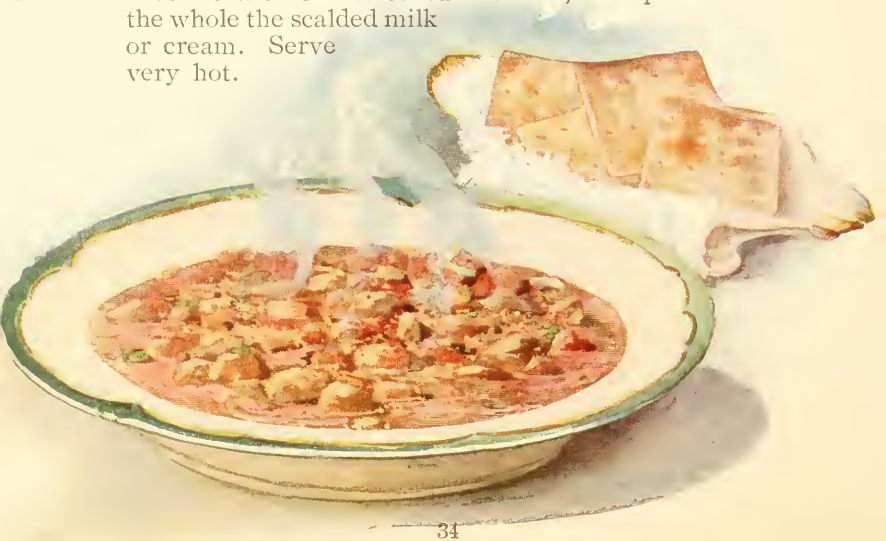
One-fourth pound corned pork, two large onions; cut these fine and braise in same pot in which the chowder is to be made for about thirty minutes. Add one can tomatoes, one green pepper cut fine and one quart water or bouillon. Let this cook one hour. Add one pound potatoes cut in small pieces; cook twenty minutes and add one Can of Salmon, one pint milk or cream and a few broken crackers. Season to taste. This will serve about ten persons.

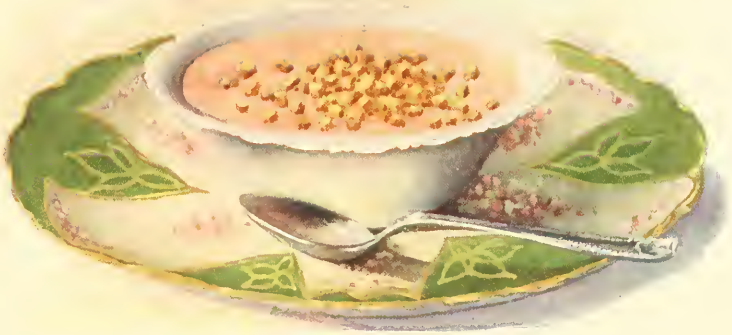


Salmon Chowder No. 2

Three Cans of Salmon, three large potatoes, one large onion, one-half pound salt pork, one pint milk or cream, three ship crackers, salt and pepper to taste. Remove Salmon from can and drain off the liquid and break fish into small pieces. Slice the potatoes and onion and cut the pork into half-inch dice. Put the pork and the onion into a pan and fry them quickly with a little butter until they are a light brown. Place alternate layers of potatoes, fish, pork and onion in a large saucepan; dust with salt and pepper. Continue the layers in this order until all the ingredients are used. Cover the whole with boiling water and let the mixture simmer for twenty minutes. Scald a pint of milk or cream, take it off the fire and add one and one-half tablespoonfuls of butter and three broken ship crackers or the same quantity of water biscuits.

Arrange the fish mixture in a mound on a dish, cover it with the softened crackers, and pour over the whole the scalded milk or cream. Serve very hot.





Puree of Salmon

Four level tablespoonfuls of butter, four level tablespoonfuls of flour, one-half level tablespoonful of salt, one quart of milk, one Can of Salmon, minced, pinch of Cayenne pepper.

Melt butter in saucepan, add flour, salt and pepper, stir until smooth; then pour milk in slowly and cook until it thickens; add the Salmon and simmer twenty minutes, being careful not to let the milk boil, add more salt if necessary. Strain and serve very hot with Croutons.

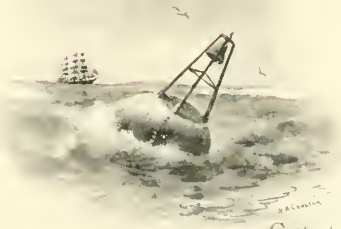
Croutons

Cut dry bread into half-inch slices, remove crust, brush lightly with melted butter and cut slices into half-inch cubes, place in shallow pan and dry thoroughly in a moderate oven. Brown lightly. These will keep.

Entrees

Deviled Salmon

Heat one pint of milk to boiling; stir in teaspoonful of butter and one-half tablespoonful flour dissolved in a little cold milk. When thick take from the fire, add small half cup of Worcestershire Sauce, juice of one lemon, pepper, salt and one Can of Salmon picked fine. Fill individual dishes or large baking dish; spread bread crumbs on top, and add a little cream, which helps it to brown quickly. Bake quickly and serve hot.



Salmon Crustades

Cut stale bread into fancy shapes, such as circles, squares, stars, diamonds, etc. Remove centers, brush outside and edges with melted butter, place in pan, put in oven and brown slightly. Fill with creamed Salmon. This is a very appetizing dish.

Salmon Rissoles

Roll puff paste into oblongs 3x4 inches; put in a spoonful of creamed Salmon to which chopped parsley has been added; wet edges, fold and press together. Dip in egg and crumbs and fry in deep fat.

Swedish Timbales with Salmon Filling

Three-fourths cupful of flour, one-fourth teaspoonful of salt, one and one-half teaspoonfuls of sugar, one-half cup of milk, one egg well beaten, one tablespoonful olive oil. Mix and sift dry ingredients, add milk and egg gradually, then the oil. Use hot Timbale iron to shape. Fry in deep fat till crisp and brown. Take from iron and drain on brown paper. Make a creamed Salmon with chopped parsley and whites of hard boiled eggs, fill cases and serve hot. (The cases may be filled with salad and served at luncheon).

Salmon en Surprise

One cup boiled mashed potatoes, yolk of one egg, one-fourth teaspoonful of salt, pinch of pepper, nutmeg to taste. Add yolk of egg, salt, pepper and nutmeg to potatoes, form into shells filled with creamed Salmon, cover with potato, dip in egg and bread crumbs and fry in deep fat.

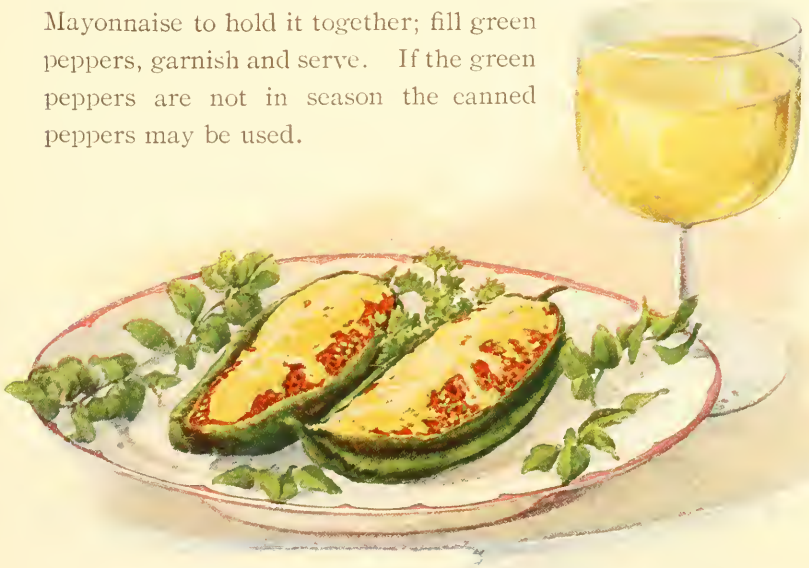
Salmon Cutlets

One Can Salmon, one cupful of Thick White Sauce, one tablespoonful of lemon juice, one egg. Pick over the Salmon and remove skin, bone and oil; mix the Salmon and lemon juice, then stir in the Thick White Sauce. Turn out on plate to cool, divide in twelve portions and shape like cutlets. Beat the eggs slightly, roll cutlets in it, then cover thoroughly with fine bread crumbs. Fry in deep fat until brown. Garnish with parsley and serve.

Green Peppers with Salmon Filling

One can of Salmon flaked, one-quarter teaspoonful of salt, two tablespoonfuls of chopped gherkins, two tablespoonfuls of chopped olives, two tablespoonfuls of chopped capers, Mayonnaise Dressing and green peppers.

Remove seeds, membrane and stem end from peppers and soak in salt water. Mix gherkins, olives, capers, and salt with Salmon; add enough Mayonnaise to hold it together; fill green peppers, garnish and serve. If the green peppers are not in season the canned peppers may be used.



Salmon Timbales No. 1

Remove bones, skin and oil from one Can of Salmon, add four tablespoonfuls rich milk and unbeaten or beaten whites of four eggs (if whites are not beaten, beat mixture very thoroughly and if beaten, fold into Salmon), beat until smooth. Add saltspoonful of white pepper and one-fourth teaspoonful of salt. Put this into buttered custard cups; set these in half filled baking pan of hot water; bake twenty minutes in a moderate oven. Turn out carefully and serve on heated dish with or without a cream sauce.

Salmon Timbales No. 2

One Can of Salmon, four eggs, juice of one-half lemon, one tablespoonful onion juice, one teaspoonful salt, one-fourth teaspoonful Cayenne pepper, two tablespoonfuls melted butter and one-half pint milk.

Bone and flake the fish. Beat the eggs thoroughly. Mix together all the ingredients. Put into buttered timbale cups or gem pans. Bake thirty minutes in a pan of boiling water. Pour Hollandaise Sauce around the timbales when on the dish.

Puff Paste

One cup of butter, two cups of flour, one-half teaspoonful of salt. Wash butter in bowl of ice water by squeezing it with hands until soft and waxy; place it in napkin and kneed slightly to free from moisture. Reserve two tablespoonfuls of butter and shape remainder into circular piece one or two inches thick and place on ice till ready for use. Work two tablespoonfuls of butter into flour with tips of fingers. Moisten to a stiff dough with ice water, turn on a slightly floured board and kneed as bread dough for one minute or until smooth.

Fold in napkin and place on ice 15 minutes. Pat and roll cold paste a quarter of an inch thick and a little wider than long, corners square. Place butter on center of lower half and cover by folding up a half of the paste over it, pressing edges firmly with rolling pin to shut in air.

Fold right side over enclosed butter and left side of paste under, turning paste one-half each way; cover, let stand five minutes; pat and roll one-half inch thick having paste longer than wide, lifting often to prevent sticking and dredging board with flour when necessary. Fold from ends toward center making three layers; cover, let stand five minutes; repeat twice, turning paste half way round each time before rolling. Now fold from ends to center and double, making four layers; chill half hour before using.

Scalloped Salmon with Green Peas

One Can Salmon picked over and broken into small pieces, one can of green peas, two cupfuls of thin White Sauce (see Sauces), and bread or cracker crumbs.

Butter a pudding dish, sprinkle with bread or cracker crumbs, put in a layer of Salmon and peas, cover with White Sauce; repeat until all is used. Cover well with buttered bread or cracker crumbs and bake in a hot oven until crumbs are brown. Serve hot.

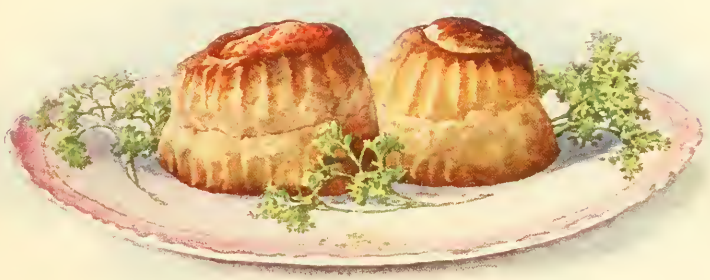
SALMON RECIPES

Canned Salmon a la Newburg

Place two Cans of Salmon into a saucepan and cover with boiling water, cook ten minutes, and then remove fish from cans and drain off liquor. Heat one gill of cream in a double boiler. Rub one large tablespoonful flour into two tablespoonfuls of butter. Rub the yolks of three hard boiled eggs smooth with a little cream or milk, add to hot cream with flour mixture. Stir until smooth. Add a shake of red pepper and a little salt. Add the Salmon and cook a few minutes longer. Add two tablespoonfuls Sherry or Madeira wine and serve at once.

Salmon Patties

Cut one Can of Salmon into dice, heat one pint of the dice in half a pint of cream, season to taste with Cayenne pepper and salt. Fill warm patty shells with the Salmon and serve while hot with a Fish or Hollandaise Sauce.



Scalloped Salmon No. 1

One Can Salmon, one cup of White Sauce (see Sauces), five or six soda crackers. Pick Salmon over, remove skin, bones and oil; flake fish with a fork. Take a medium sized agate dish, place in a layer of Salmon, a layer of White Sauce, a layer of rolled crackers, another layer of Salmon, and so on, continuing until the fish is all used. Reserve enough crackers for the top. Bake in hot oven until brown. (Use the same White Sauce that is used with Salmon Toast, but instead of two tablespoonfuls of flour add four).

Scalloped Salmon No. 2

One pound Can of Salmon, four soda crackers rolled fine. Pick the Salmon into small pieces, lay in bottom of baking agate dish a layer of crackers, a layer of Salmon, sprinkle with salt and pepper and a scant teaspoonful of melted butter, then crackers, continuing until dish is nearly filled. Beat two eggs into one and one-half pints of milk, pour over all. Then cover with cracker crumbs and lay pieces of butter on top. Bake forty minutes or more until delicately browned.

Scalloped Salmon No. 3

Fill a buttered dish with alternate layers of flaked Canned Salmon, bread crumbs and sliced hard boiled eggs. Season each layer slightly with salt and pepper and dot with bits of butter. Pour a cup of Cream Sauce over all, dust thickly on top with cracker crumbs and set in a hot oven until brown. As all the ingredients of this dish are cooked, a hot oven is much better than a slower oven, such as is required for the cooking of a mixture.

Salmon Kromeskies

Marinate Salmon in cubes with Cayenne pepper and lemon juice; drain. Dip in fritter batter and fry a nice brown in deep fat; drain on brown paper and serve hot.

Salmon Scallops

To four cupfuls of Canned Salmon, add two eggs well beaten, three tablespoonfuls of melted butter, crumbs of a small slice of bread, one tablespoonful of chopped parsley, pinch of pepper and one-fourth teaspoonful of salt. Mix thoroughly, fill buttered scallop shells or patty pans with mixture, sprinkle with finely sifted bread crumbs and bake for a few minutes in a quick oven to brown them lightly. Serve in shells or patty pans in which they are baked.

Salmon Fritters No. 1

One cup of sour milk, one teaspoonful soda, one egg, cup of Salmon, minced fine, and flour to make batter thick enough to drop from spoon. Mix well. Drop in hot lard and fry a light brown.

Salmon Fritters No. 2

One and one-third cupfuls pastry flour, two level teaspoonfuls baking powder, one-fourth teaspoonful of salt, one egg, two-thirds of a cup of milk. Mix and sift dry ingredients, add milk gradually, then egg well beaten. Season three-fourths of a cup of minced Salmon with salt, Cayenne pepper, and lemon juice if desired. Add to the batter and drop by spoonfuls into deep fat and brown. Drain on brown paper, and serve hot with Sauce Tartare.

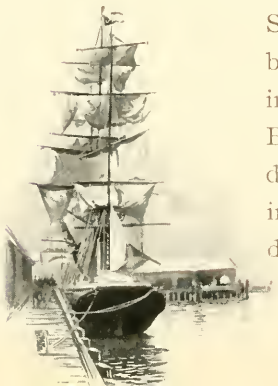
Salmon Saute

Remove the bone, skin and oil from one Can of Salmon and break the fish into as even pieces as possible (about two inch pieces). Put into frying pan four level tablespoonfuls of butter or olive oil and when hot, put in the pieces of Salmon, sprinkle lightly with salt and pepper and brown on both sides. Turn out on hot platter, garnish with parsley or water cress. Serve hot. (This is an excellent entree.)

Salmon Souffle

One Can of Salmon, one level teaspoonful of chopped parsley, one-half a level teaspoonful of salt, pinch of Cayenne pepper, one cup of milk, four level tablespoonfuls of butter, four level tablespoonfuls of flour, three eggs.

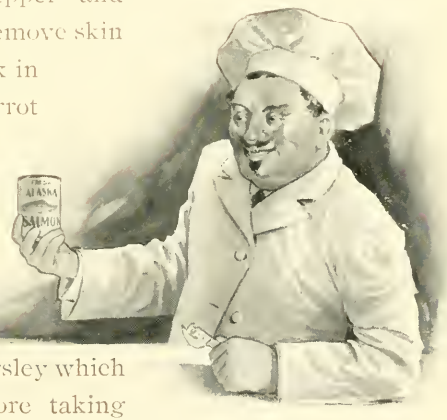
Melt butter in saucepan. Mix flour, salt, pepper and chopped parsley together and stir into the butter, add gradually the hot milk, stirring and beating each time; cook until it thickens. Then pour over the Salmon (broken fine) and add beaten yolks of three eggs and fold in stiffly beaten whites lightly. Bake fifteen minutes in individual dishes or agate dish. Serve immediately with Sauce Tartare if desired



SALMON RECIPES

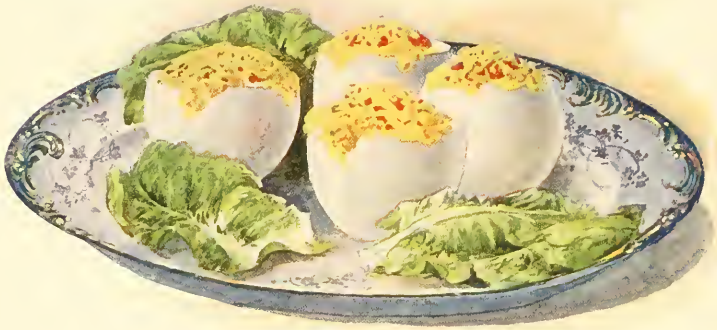
Salmon a la Bouillabasse

One pound Can of Salmon, one pound boiled Halibut, one pound salt codfish (freshened), four to eight shrimps, one medium sized onion, one carrot, two tomatoes, four cloves, five small red peppers, one clove of garlic, pinch of saffron, one bay leaf, three sprays of parsley, one-half pint of olive oil, one-half cup of cider, one-half pint of stock.



Season with salt, pepper and orange peel if desired. Remove skin and bones from fish, break in large pieces, slice onion, carrot and tomatoes (canned tomatoes may be used), macerate the garlic and break up bay leaf. Heat oil in large skillet, add the fish and vegetables (except parsley which should be added just before taking from stove). Cook for about twelve minutes, tossing often, then add the cloves, bay leaf, saffron, peppers, cider and stock. Cook from fifteen to twenty minutes more. Line dish with crisp pieces of toast, cover with the mixture just prepared and serve immediately.

Salads



Stuffed Eggs with Salmon Filling

Make a regular Salmon Salad with the chopped celery, yolks of eggs and Mayonnaise. Take as many eggs as desired, put them into a bath of boiling water and let them stand thirty-five minutes. Remove the shells, cut a slice off the top and bottom (the latter to make it stand), then take out the yolks and fill the whites with the salad. Serve in lettuce leaves and over all pour Mayonnaise Dressing.

Salmon Salad No. 1

One Can of Salmon, one-half pint of celery and one-half pint of Mayonnaise Dressing. Free the Salmon from skin, bones and oil; pick the fish apart and add the celery (which has been cut fine) and Mayonnaise Dressing, tossing lightly. Season to taste. Save a little Mayonnaise to pour over the top. Arrange in salad dish and garnish with curled lettuce and drops of red jelly, or serve on fresh crisp lettuce leaves.

The recipes for Salmon Salad No. 1 and Mayonnaise Dressing No. 1 are those used by the ALASKA PACKERS ASSOCIATION at the different EXPOSITIONS where they have exhibited, and for which thousands of people have inquired.

Salmon Salad No. 2

Pick a Can of Salmon into small parts, place them in a dish with slices of hard boiled egg and crisp lettuce leaves broken into pieces. Mix in and pour over it a Boiled Salad Dressing No. 1 or Mayonnaise Dressing. Garnish with sliced lemon and hard boiled eggs. Do not mix dressing with the salad until it is ready to be served.

Salmon Salad No. 3

From one Can of Salmon separate bones, skin and oil and break up into small pieces. Chop three large, cold, boiled potatoes into dice, powder the yolks of three hard boiled eggs, season with one-fourth teaspoonful of salt and pinch of pepper; mix together and pour over all Mayonnaise Dressing No. 2.

Russian Salmon Salad

Shred one cupful each of Canned Salmon and boiled chicken, mix together, and add one-half cupful of chopped celery. Season to taste with onion and Cayenne pepper. Cut into small cubes three-fourths cupful each of cooked carrots and potatoes. Divide the Salmon, chicken, etc., into two equal portions, place these on the ends of an oval dish, the carrots and potatoes at the sides, and in the center put three-fourths cupful of green peas. Use anchovies or gherkins to separate one from the other. Over each pour Mayonnaise Dressing, placing here and there on the dressing a quarter of a teaspoonful of Russian Caviare. Garnish with water cress or parsley.

Salmon Salad Patty Shells

Use Mayonnaise Dressing No. 1. Free one Can of Salmon from bones, skin and oil, pick the fish apart and sprinkle with salt and pepper. To each cup of picked Salmon add one tablespoonful of lemon juice. Line each patty shell with a crisp, tender lettuce leaf and lay on each leaf a teaspoonful of Mayonnaise Dressing, then a tablespoonful of Salmon and cover with Mayonnaise.

Chafing Dishes

Salmon a la Reine

Put two teaspoonfuls butter in chafing dish; when melted add slowly one tablespoonful fine flour; stir until smooth; add gill of water, juice of one lemon, pepper and salt to taste, a small onion grated and yolks of three hard boiled eggs worked fine. Add one Can of Salmon; simmer five minutes and serve.

SALMON RECIPES

Creamed Salmon One cup of milk in chafing dish; when hot, stir in one heaping teaspoonful butter and one tablespoonful flour blended together. Add slowly the beaten yolk of one egg, stirring mixture constantly; then salt and paprika to taste. Let it come to a boil. Add one Can of Salmon picked in flakes. Serve hot.

Sandwiches

Salmon Sandwiches No. 1

One cup of Boiled Salad Dressing (see Sauces, one and one-half cup of minced Canned Salmon, season to taste. Mix dressing and Salmon to a paste; cut bread into very thin slices, spread with the Salmon paste. Cut into fancy shapes and garnish with water cress or parsley. These can be made two or three hours before serving, by placing closely together and covering with a damp napkin. The Salmon Paste will keep indefinitely.

Salmon Sandwiches No. 2

Use the above mixture given for Salmon Sandwiches No. 1. Place a nice crisp lettuce leaf on bread before spreading with the Salmon Paste; also sliced cucumbers or chopped olives, may be used in the same way. (These sandwiches cannot be made long before serving).

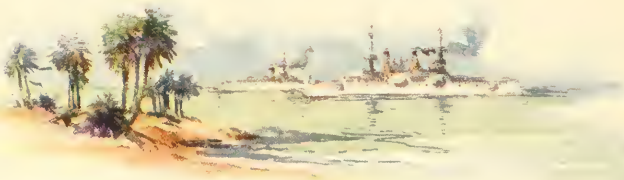
Army and Navy Dishes

Canned Salmon Danish Mode

Peel a dozen medium sized potatoes; put them in a pan with a little dripping and bake them. When done, arrange the contents of a Can of Salmon (previously warmed in the tin) in the center of the dish with the potatoes around it; thicken the drippings with a little flour, season it with salt, pepper and a clove of garlic; pour it over the fish and serve.

Army and Navy Salmon Scouse

One Can of Salmon, one-half can of tomatoes, three hard tack (soaked), one-fourth pound fried salt pork, one pound potatoes cut into quarters; season to taste. Stew, adding a little water if necessary. When done it may be placed in oven to brown.



Camp Mess Salmon Bake

One Can of Salmon, one-pound can of tomatoes; arrange in alternate layers, season with salt, pepper, and two ounces of salt pork cut into dice, add the liquid from both cans and cover the top with powdered hard bread, put a little dripping on top, and bake a light brown.

Sauces

Mayonnaise Dressing No. 1

Yolks of two raw eggs, one level teaspoonful of salt, one level teaspoonful mustard, one teaspoonful of vinegar or lemon juice, juice of one lemon, pint to a pint and a half of salad oil according to the quantity of dressing desired. Put the yolks of the eggs into a bowl, stir enough to break them, then add the salt, mustard, teaspoonful of vinegar or lemon juice and teaspoonful of salad oil; mix with a Daisy Egg Beater until smooth; beat in gradually about half a teaspoonful (not more) at a time of salad oil until half a pint has been used; add occasionally a teaspoonful or more of lemon juice as the rest of the oil is beaten in. If by chance too much oil should be added, do not attempt to stir it all in at once, but take it up gradually. Sometimes when the dressing curdles a little vinegar being added will bring it back. If this fails take the yolk of a fresh egg and put it in another dish; beat it slightly and add the curdled dressing just as you would add oil (slowly). This is sure to meet with success if egg is fresh.

Mayonnaise Dressing No. 2

Yolks of two eggs, one level teaspoonful of mustard, one level teaspoonful of salt, one-fourth level teaspoonful of Cayenne pepper, one-half teaspoonful of the white of egg, one-half pint of salad oil, two level tablespoonfuls of lemon juice, two tablespoonfuls of vinegar and one-half cup of whipped cream.

Mix the eggs, mustard, salt, Cayenne pepper and white of egg with the fork until smooth, stir in gradually drop by drop one-half pint of salad oil. When it begins to get very thick, put in a little lemon juice, alternating oil and lemon juice. Lastly beat in the vinegar little by little. Just before serving add the whipped cream. For those who are not fond of the flavor of oil, the whipped cream being added makes the taste of the oil less pronounced.

Boiled Salad Dressing No. 1

One level teaspoonful of salt, one level teaspoonful of mustard, one and one-half tablespoonfuls of sugar, one and one-half tablespoonfuls of flour, one and one-half tablespoonfuls of melted butter, three-fourths of a cup of milk, two eggs, one-fourth cup of vinegar or lemon juice.

Mix dry ingredients, add yolks of eggs, slightly beaten, butter, hot milk and vinegar very slowly. Cook over boiling water until mixture thickens. Strain and cool.

Boiled Salad Dressing No. 2

Yolks of three eggs, three level teaspoonfuls of mustard, one level teaspoonful of salt, one and one-half tablespoonfuls sugar, one-half pint of salad oil, nine tablespoonfuls of vinegar. Mix together yolks of eggs, mustard, salt and sugar; stir in gradually the oil and when well mixed add the vinegar. Cook over water until it thickens, then remove. If by over cooking the oil should separate from eggs, allow it to cool, then beat. Do not attempt to beat all the oil in at once, but gradually mix the oil with the eggs.

Boiled Salad Dressing No. 3

Three eggs well beaten, one tablespoonful of butter, two level teaspoonfuls of mustard, one level teaspoonful of salt, one-half cup of vinegar, one-fourth teaspoonful of white pepper. Mix the ingredients well in a bowl, set bowl in hot water and stir the mixture until it thickens. Cool. If desired add more mustard.

Fish Sauce No. 1

Four level tablespoonfuls of butter, one tablespoonful of vinegar, one tablespoonful of lemon juice, one-fourth teaspoonful of salt, pinch of Cayenne pepper, one teaspoonful of finely chopped parsley. Put the butter in a small bowl over the teakettle, when melted add the other ingredients. Use hot.

Fish Sauce No. 2

One cup of milk, one egg, one level tablespoonful of cornstarch, two level tablespoonfuls of butter, one teaspoonful of catsup, pinch of Cayenne pepper. Cook over hot water until it thickens, stirring constantly.

Hollandaise Sauce No. 1

In a saucepan or bowl rub to a cream one-half cup of butter; add yolks of five eggs and beat well together; then add the juice of one-half a lemon, one-half teaspoonful of salt and dash of Cayenne pepper; add slowly one cup of hot water. Mix well, set in saucepan of hot water and stir constantly till it becomes like thick cream. Do not let it boil. Remove from fire and continue to stir for a few minutes. It should be creamy. This is one of the best sauces for fish, hot or cold.

Hollandaise Sauce No. 2

Half a teacupful of butter, the juice of one-half a lemon, the yolks of two eggs, a dash of Cayenne, one-half a cupful of boiling water, one-half a teaspoonful of salt. Beat the butter to a cream, add the yolks one by one, then the lemon juice, pepper and salt. Place the bowl in which these are mixed in a saucepan of boiling water. Beat with an egg beater until the sauce begins to thicken (about a minute), and add the boiling water, beating all the time. When like a soft custard it is done.

Sauce Tartare

Yolks of two eggs, one-quarter teaspoonful salt, pinch of pepper, one tablespoonful of tarragon vinegar, one level teaspoonful of mustard, one teaspoonful of chopped parsley, one tablespoonful of chopped gherkins or capers. Mix yolks of eggs, salt, pepper, tarragon vinegar, and mustard; stir until smooth; then add a gill of salad oil drop by drop. Stir in the chopped parsley, gherkins or capers with a fork. If the sauce is not sharp enough to taste, add more vinegar or lemon juice.

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Drawn Butter Sauce

One-half cup of butter, two tablespoonfuls of flour, sprig of parsley. Melt butter in stew pan, add flour and mix until smooth, then add gradually a pint of boiling water beating each time.

White Sauce

Two level tablespoonfuls of flour, two level tablespoonfuls of butter, one cup of hot milk, one-fourth teaspoonful of salt, pinch of pepper. Melt butter in saucepan until it bubbles; add the flour, salt, and pepper; mix until smooth; then pour the hot milk in gradually, stirring and beating each time. Cook until it thickens.

Thick White Sauce For Cutlets or Croquettes

Four level tablespoonfuls of flour, two level tablespoonfuls of butter, one cup of hot milk, one-fourth teaspoonful of salt, pinch of pepper. Melt butter in saucepan until it bubbles; add the flour, salt, and pepper; mix until smooth; then pour the hot milk in gradually, stirring and beating each time. Cook until it thickens.

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